



Bedford County School System Trend Report CSH Overview Summary

The following information is a summary of CSH activities and accomplishments since the formation of CSH in the Bedford County School System.

CSH Infrastructure Established

An infrastructure for CSH has been developed for the Bedford County School System that includes:

- School Health Advisory Committee
- Thirteen Healthy School Teams
- Total amount of grant funding and in-kind services/materials secured by CSH to expand school health capacity for our LEA totals \$800,000

Community partnerships have been formed to address school health issues. Current partners include:

- Parks and Recreation
- Health Council
- Heritage Hospital
- Department of Health
- Department of Child Services
- law enforcement
- Crisis Center

Parent and Student Involvement Developed

Parents are involved in numerous CSH activities such as volunteers for data collections, monitoring and participating in exercise programs, being the mascot, and one doing some clerical work for CSH.

Students have been engaged in CSH activities such as Zumba, fitness centers, health education (Take 10 and Michigan Model). Approximately 15 students are partnering with CSH to address school health issues.

School Health Interventions

Since CSH has been active in Bedford County the following health interventions have taken place:

School Health Screenings and Referrals to Health Care providers – 123 referrals this year;

Students have been seen by a school nurse and returned to class – 801 this year;

BMI data has been collected that shows the severity of the childhood obesity epidemic in our LEA. Bedford began with 65% of students in the overweight/obese category. That has dropped slightly to 63%;

Many items have been purchased with CSH funds to enhance school health efforts. Examples of items purchased include setting up fitness centers at each high school and continuing on now with middle schools, Take 10 and training for every elementary school and teacher, and Michigan Model in schools (every physical education teacher trained), Geomotion mats, Dance, Dance Revolution, and/or Wii's in our gyms and available to classroom teachers. GPS units have been purchased;

Professional development has been provided to counselors, physical education teachers, and nurses. Examples include: Coordinated School Health, mental health resources training, Take 10!, Michigan Model, and technology and health;

School faculty and staff have received support for their own well-being through fitness centers in many schools and available fitness centers to all, Weight Watchers have been provided to some schools, health fairs at some, and Zumba classes to all.

Specific interventions have been made in the following areas to address childhood obesity and behavioral health issues:

- Health Education Interventions – Take 10!, Michigan Model, and DVD's of health and fitness issues;
- Physical Education/Physical Activity Interventions – Zumba classes, GPS units, and fitness centers;
- Nutrition Interventions – fresh fruits and vegetables;
- Mental Health/Behavioral Health Interventions – resources training and meetings as to alternatives and memorandums of understanding (MOU's).

Bedford County is seeing the impact of health on students and realizing that a healthy child can be a well educated child but an unhealthy child has barriers to their education potential.

In such a short time, CSH in the Bedford County School System has made significant contributions to the well-being of our students and staff which in turn has addressed numerous non-academic barriers to student academic achievement.

For more information concerning Coordinated School Health (CSH), please contact the Coordinator.

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